

February is American Heart Month

Dear Fellow State Employee,

Until recently, HEART DISEASE (including heart attack) has been our nation's number one killer. Since many people are alone when they suffer a heart attack, the person whose heart is not beating properly, and who begins to feel faint, may have only about 10 seconds left before losing consciousness. Discuss self-help options with your personal physician, and ask him or her about taking half an aspirin tablet if you should ever experience chest pain. If he/she approves, carry aspirin on your person, particularly if there is a history of heart disease in your family. Above all, practice prevention through healthy eating and regular exercise. Learn more about [heart attacks](#).

PLEASE NOTE:

The Feb 2005 WOW email made reference to a technique called "cough cpr", and provided a description of the technique. This description has been removed, as the American Heart Association (AHA) does not endorse cough cpr. The AHA indicates that the technique "has been useful in the hospital, particularly during cardiac catheterization. In such cases the patient's ECG is monitored continuously, and a physician is present". The AHA further recommends: "The best strategy is to be aware of the early warning signs for heart attack and cardiac arrest and respond to them by calling 9-1-1. If you're driving alone and you start having severe chest pain or discomfort that starts to spread into your arm and up into your jaw (the scenario presented in the Internet article), pull over and flag down another motorist for help or phone 9-1-1 on a cellular telephone." <http://www.americanheart.org/presenter.jhtml?identifier=4535>
Employee Health and Wellness strives to provide accurate, credible and useful information to our audience. Thank you

AT YOUR DESK EXERCISES

Employees who must use computers for extended periods: click below to link to an illustrated exercise guide to assist you in minimizing muscle strain. You will also be able to link to information for reducing eye and wrist strain.

http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290_25460-107278--,00.html

Congratulations David Cadeau! You are the January WOW Contest Winner.

Prize: Mayo Clinic "Guide To Self-Care". Thanks to all contest participants. Please try again next month if you have never been selected a winner.

Find out more about employee health and fitness by visiting the WOW website for links to a Wealth of wellness info, including new fitness club discounts.

www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html

If you are unable to access the website from the above link, go to www.michigan.gov/mdcs and click on Employee Benefits, then Employee Health and Wellness. Please feel free to call our toll free number (1 800-505-5011) if you have difficulty accessing our website or its links.

Working On Wellness

WOW Team

Employee Health and Wellness